



**Loudwater Combined School**  
*Learn, Create, Succeed*  
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## LOUDWATER UPDATE

### Thursday 9th April 2020

Dear Parents,

Thank-you to everyone who has sent in pictures of children working at home, learning new skills or spending time outside. Please keep them coming; those we have already received can be found here:

[http://www.loudwater.bucks.sch.uk/website/school\\_closure\\_-\\_learning\\_at\\_home/466306](http://www.loudwater.bucks.sch.uk/website/school_closure_-_learning_at_home/466306)

#### **School Closure**

As we are now entering the second week of the Easter Break, teachers are not setting work for the coming week, however we will be sign-posting some websites and ideas on the class pages of e-schools.

The link below has some good ideas for maths activities and games you might like to try:

[https://thirdspacelearning.com/blog/fun-maths-games-activities-for-kids/?utm\\_campaign=02\\_04\\_2020\\_25\\_Games\\_Activities\\_Blog&utm\\_source=pardot&utm\\_medium=email&utm\\_content=button](https://thirdspacelearning.com/blog/fun-maths-games-activities-for-kids/?utm_campaign=02_04_2020_25_Games_Activities_Blog&utm_source=pardot&utm_medium=email&utm_content=button)

I have been sent an e-book as an attachment. This provides an explanation for the children as to why we are in this lockdown situation, what the virus does and why we have to take measures to distance and isolate ourselves from others. I hope you find it interesting and informative.

After the Easter Break we will be reviewing how we set work and enabling the children to submit some of the learning they have completed so teachers can provide feedback. We will let you know more about this soon.



**In two weeks the fruit bushes have changed from having buds to leaves.**



**The ducks are still regular visitors to the pond**



The tomato plants we planted last week are doing well. We have been watering them regularly and the warm weather has been good for them too.

### **The Loudwater School Friendship Rainbow**

At the start of the week a group of children made a rainbow by weaving material in and out of the fence on Kingsmead Road. I hope if you have been past and seen it, you have been cheered up by the bright colours.

If you are out walking with your family as your daily exercise, perhaps you might like to leave a message for any of your friends that you are missing and attach it to the fence. You could also paint or decorate a stone to put underneath the rainbow. Please do not leave anything precious, anything that you do leave could get wet if it rains or might blow away. Please also make sure that a parent or carer is with you if you visit the rainbow.



### **E-Safety**

There have been further updates to the E-safety section of the school website, which can be found at: [http://www.loudwater.bucks.sch.uk/website/e-safety\\_information/134588](http://www.loudwater.bucks.sch.uk/website/e-safety_information/134588)

### **Amazon offer**

Many thanks to Marke Weekes who brought this Amazon offer to our attention:

*Amazon today cancelled the subscription of books and audio stories for children and students of all ages as long as schools are closed, kids everywhere can instantly stream an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids.*

*All stories are free to stream on your desktop, laptop, phone or tablet using the following link <https://stories.audible.com/start-listen>*

## Mindfulness

### What is mindfulness, and why is it important?

Mindfulness is about focusing on the present, and being aware of what is going on both inside and outside, in a non-judgmental way. It's about noticing physical sensations and emotional responses, as well as your connection to other people and to your surroundings.

Practising these skills of focusing and noticing can be hugely beneficial to children in several ways:

- It helps to increase their attention span
- It helps them to understand and regulate their emotions
- It helps with stress management and general wellbeing
- It helps them become more aware of their bodies and their senses
- It helps to build a connection with the natural world
- It helps them to develop empathy and compassion for others

A nice mindfulness activity you can do with your children, make a glitter jar.

Children of any age can create a **glitter jar**. You can also use a snow globe. The glitter jar is a great activity to use when your child is worried, upset, nervous or angry. The glitter in the jar represents your child's thoughts, rushing around in a mad dash.

The next time your child is **upset or anxious** simply have them shake the glitter jar and remain quiet and still while the glitter is settling. As they breathe deeply they can watch the glitter float around in the jar and finally settle on the bottom.

I hope that despite all of the changes we have had to make to our lives recently you are making adjustments and managing to make the best of a challenging time. I know that the fine and warm weather has really helped me to remain positive and recognise the changes that are occurring around us – perhaps like me you have more time to appreciate them this year. The changes to our routines are really helping our NHS and critical workers to go about their vital work. The challenges that we face often seem great; I know that when things do get back to normal there are so many things that I will value even more. One of the main things will be having the school filled again with our amazing children.

Happy Easter.

Yours faithfully

*Clare Cunnington*

Mrs C Cunnington  
Head teacher

### Emails

Please remember to check your emails as this is one of our preferred ways of contacting and informing our parents.

### Update

As you are aware we have moved to sending out our update via email. Due to the GDPR, we are only able to continue sending out to those of you who have agreed, by email, for us to do so. If you know of anyone not receiving their weekly newsletter please make them aware of this procedure.

### Disclaimer

From time to time we are asked by a range of organisations to give out leaflets. We always agree if we think this could be of interest or benefit to the children. However we do not endorse any of these organisations and parents should always check their credentials carefully to make sure children would be safe and well looked after.

## Talking to children about the Coronavirus

News of the coronavirus COVID-19 is everywhere, from the front page of all the papers to the playground at school. Are you wondering how to bring up the epidemic in a way that will be reassuring and not make children more worried than they already may be?

Don't be afraid to discuss the coronavirus. Most children will have already heard about the virus or seen people wearing face masks, so parents shouldn't avoid talking about it. Not talking about something can actually make children worry more.

Your goal is to help your children feel informed and get fact-based information that is likely more reassuring than whatever they're hearing from their friends or on the news.

Be developmentally appropriate; don't volunteer too much information, as this may be overwhelming. Instead, try to answer your child's questions. Do your best to answer honestly and clearly. It's okay if you can't answer everything; being available to your child is what matters. Be reassuring, children are very egocentric, so hearing about the coronavirus on the news may be enough to make them seriously worry that they'll catch it. It's helpful to reassure your child that children actually seem to have milder symptoms.

Focus on what you're doing to stay safe, an important way to reassure children is to emphasize the safety precautions that you are taking. Children feel empowered when they know what to do to keep themselves safe such as handwashing and using tissues when they cough or sneeze. Mindheart have produced a colourful child friendly booklet explaining the Coronavirus and how to stay safe this can be downloaded at [www.mindheart.co/descargables](http://www.mindheart.co/descargables)

# LOVE LOUDWATER

## COVID 19 SUPPORT

keep this card somewhere handy  
the details may be useful



Coordinated by your parish church  
St Peter's Kingsmead Road/Treadaway Hill



If you become isolated and need help, contact us  
and we will try to help with

Shopping for food and essential items

Collecting medical supplies

Having a chat

Praying with and for you

Call **01628 308 372** or email **[love@loudwater.org](mailto:love@loudwater.org)**

All contact details will be saved electronically in St Peter's Church Office,  
will be used only in connection with supporting isolated neighbours during  
Covid-19 pandemic, and will be deleted by 1st April 2021